THE NATIVITY — a detail of the altar frontal at The Cloisters, German tapestry, dating from third quarter of the 15th Century. From the Life of the Virgin. Done in wool, silk, and metallic threads on a linen warp. The Metropolitan Museum of Art, gift of Charles F. Ikle.

RONDEL, Adoration of the Magi. This 16th Century Spanish tapestry in the unusual round shape is embroidered in silk and metal thread on canvas. Its actual diameter is just 12½ inches. From The Metropolitan Museum of Art, purchase, Rogers Fund.

Calorie Counts to Help You Through the Holidays

"With so many goodies surrounding us at holiday time, who wants to diet? It can be a bore! However, a little careful planning can keep you full and happy, and your waistline from expanding. We offer a few hints to help you beat "the battle of the bulge."

Calorie count is in parentheses:

6 shrimp (90) . . . 3½ ounces white wine and soda (85) . . . 5 artichoke hearts (55) . . . 10 pretzel sticks (30) . . . 2 stuffed green olives (15) . . . 6 oysters (65) . . . 1 slice pumpernickel (80) . . . 1 nectarine (30) . . . 2 ounces rare roast beef (95) . . . 8 small gumdrops (35) . . . 1 teaspoon caviar (25) . . . 1 stalk celery (5) . . . 1 ounce camembert (85) . . . 1 8 oz. glass milk (160) . . . 1 good slice calves liver (75) . . . 1 cup cottage cheese (240) . . . 1 Ritz cracke (20) . . . 1 Wheat Thin (10) . . . water, try a quart a day (0)!

HAPPY HOLIDAY!

a Child is Born

Exult at the Blessed Birth of the Prince of Peace! We send wishes for Holiday Blessings to all our friends.

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Christmas Tree Traditions

By Wesley P. Judkins
Va. Tech Extension
Horticulturist

BLACKSBURG - The use of decorated trees at Christmas time is a tradition which started several centuries ago. Prior to this time, plants of varius sorts were gown in the home, but without special ornamentation. Small trees like the Norfolk Island Pine were grown in tubs to help dispel the gloom of dark winter days.

Martin Luther, the great German reformer is credited as being the first to add holiday decorations to an indoor tree. As he walked home through the forest one clear winter night, he observed the beauty of the stately evergreens, and the stars sparkling above and through the branches. This was about 1515.

When Luther arrived home and tried to describe the beautiful experience to his wife and children, he was not satisfied. So, to dramatically illustrate the scene, he went to the woods and returne dwith a small fir tree. This was erected in the home and decorated with lighted candles.

Christmas during early Colonial days in America was a rather drab affair. The Puritans from England did not condone gay and frivolous behavior. In contrast, the settlers of German and Dutch descent in Pennsylvania and New York celebrated Christmas in the happy manner of their ancestors in the old country. The same was true of the French settlers in the New Orleans area.

Although the records are not too clear, the first decorated Christmas tree in this country may have been set up by the homesick Hessian soldiers during the American Revolution. In fact, a Christmas Eve celebration by them may have provided Washington with the opportunity to turn the tide of the Colonial forces in 1776.

Delano Re-Elected President Farm Bureau

Robert B. Delano has started serving his 14th consecutive one-year term as president of the Virginia Farm Bureau Federation.

He was re-elected at the 50th annual meeting of the state's largest farm organization last week.

Delano is a native of Richmond County and is owner-operator of a 340 acre small grain farm. He serves as president of the Farm Bureau and its eight affiliates.

S. T. Moore, Jr., of South Hill, was re-elected vice president.

Five members of the VFBF board of directors were also elected. Raymond Kite, a Culpeper County dairy farmer, was the only new member elected.

Four others who were re-elected are: Elvin R. ·ustis, Craddockville; C. Wayne Ashworth of Danville; J. B. Hill, Jr., of King William County and Sam Ward Bishop of Tazewell.

Miss Betty L. Walters of Henrico was re-elected state women's chairman, and will remain as a board member.

The VFBF convention delegates also elected delegates to the AFBF convention in St. Louis next month. They include: Robert B. Delano; S. T. Moore, Jr., Harry Arnold of Washington, and Lyle Pugh of Chesapeake.

Delegates to the Women's Committee meeting will be: Miss Betty L. Walters of Henrico; Mrs. Joyce Turner of Page; Mrs. Ruth Winn of Henry; Mrs. Miriam Barnes of Lunenburg.

Christmas

Fill this season with laughter, good will and song. Warm thanks from us, to a

WESTERN AUTO

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MERRY CHRISTMAS

As the excitement of another Christmas mounts and the spirit of joy and wonderment reaches into the hearts of everyone, we send our heartiest greetings, with sincere thanks for the privilege of serving you.

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ociology Students Share Christmas

udents of the Sociology Class at Appomattox County High School shared their Christmas atients at Pineview Rest Home on December 17,1975.
ristmas Story was read and Christmas Carols played. Each patient was given a Christmas ns were served and everyone had a good time.
s representing the group, shown above, were, left to right, Cathy Gunter, Cindy Scruggs, ne, Alexa Moore, and Judy Bryant.

MISS LISA CUMBIE

A Real Beauty

mbie, granddaughter of Mr. and Mrs. Curtis Wiley ell, was First Runner-up in the Little Miss ney County Pagent held at Christiansburg High ently.
ie great-granddaughter of Mrs. Janie Chernault.

STONEWALL

Where is he that is born King of the Jews? for we have seen his star in the east, and we come to worship him.

Mr. and Mrs. Bob Wheeler of Richmond were dinner guest of his parents, Mr. and Mrs I. B. Wheeler. Also Mr. and Mrs. Ben Wheeler.

On Tuesday Mrs. Hazerl Gallespie was dinner guest of Mr. and Mrs. I. B. Wheeler.

Mr. and Mrs. Don Kalding Denise and Mark, also Mr. Ray Metz of Thawville, Illinois came Monday to spend Christmas with her family.

Mr. and Mrs. Bob Worley, Mr. and Mrs. I. B. Wheeler attended open house at the home of Mr. and Mrs Ralph Hill in Madison Heights, Va. on Sunday from 12 to 3 o'clock. What a grand time all had.

Mrs. Hazel Gallespie will go Tuesday to Greenville, S. C. to spend Christmas with her sister, Mrs. Leona Hawkins.

Mrs. Hazel Gallespie visited her kin in Big Island Tuesday.

Let the Christmas Bell ring for all of us.

Rev. and Mrs. D. E. Moore and girls will go to the Carolinas for the holidays. Hope they have a safe trip.

Miss Angie Harris had a birthday party Thursday night given by her mother, Mrs. Earl Harris on her third birthday. Mrs. Bob Harris and boys came by and took Mrs. Niner and Elsie Caldwell. It is grand to be three

Draft Application For Health Systems

The Central Virginia Health Planning Council has scheduled a Public Review of the Draft Application for Health Systems Agency designation to the Governor of Virginia which will be held on Monday, December 22,1975, 7:30 p.m., Council Chambers, City Hall, Lynchburg, Virginia, according to William B. West, Jr., President of the Health Council.

At a meeting held in Blacksburg on Monday, Dec. 15,1975, representatives from each of the seven(7) planning districts comprising the Southwest Virginia Health Service Area, Region III, reviewed in detail and approved draft copies of the Application. Mr. West advised that resumes of the Application have been distributed to all of the political jurisdictions in Planning District II, and nursing homes in Central Virginia. A copy of the Application have been forwarded to the Central Virginia Planning District Commission to be scheduled in the A-95 process.

Hearing, the Health Systems Agency Regional Steering Committee will meet again in Blacksburg on Tuesday, January 6, 1976 to incorporate public comments and recommendations following the Public Review. Final copies of the Application are scheduled to be delivered to Governor Godwin on January 19,1976.

Existing health planning councils will continue to be funded during this transitional period. These funds will be made available until such time that the application is approved and a Health Systems Agency designated for Southwest Virginia Health Systems Agency, Region III. The current timetable for this designation is March 1,1976.

Food Shopper

by Cathy B. Hinton
Va. Dept of Agriculture & Commerce

At holiday time it seems like there is never enough time to prepare a good balanced family meal. Now is the time to stock up on canned and frozen foods or convenience foods to rely upon for those "meals in a hurry".

Check the advertised specials to see what the best buys are and take advantage of the specials. If beef chuck is on sale, buy one large roast and use the leftovers to make a beef pot pie with packaged pie crust. Cook up several chickens at once and then freeze the extra to use in "quickie" salads, casseroles and such dishes as chicken 'a la king.

A can of vegetables can be dressed up with a touch of lemon and a pinch of your favorite herbs. Or, for a switch try marinating canned green beans in some Italian dressing.

Even packaged rolls can be made extra tasty by cutting them in half, spreading with butter and then sprinkle with parmesan cheese and poppy seeds; broil till browned and bubbly.

Fresh fruit such as apples, pears, oranges, red grapes and tangerines are now in good supply. Take advantage of the low prices by stocking up on these items. Make up a large bowl of mixed fresh fruits and add one package of frozen strawberries for a touch of summer.

Or, place a fruit bowl in the center of the table when dessert time rolls around.

Convenience mixes such as macaroni and cheese or scalloped potatoes become main dishes with the addition of some leftover ham or turkey chunks. Your family won't even know that it came out of a box!

Freeze all leftovers and then reheat one evening for a gala smorgasboard which will offer numerous choices of food. Somehow those leftovers look more interesting served by candlelight.

Some other canned foods which are extra insurance in the cupboard are chili to be served alone with cheddar cheese grated on top or with hot dogs and tuna fish great for quick salads and casseroles. Many of the cream soups make quick sauces for casseroles or a great base for chowders made with leftovers.

New Candle Materials

In 1750 a substance from the head of the sperm whale was found to be superior to tallow and beeswax. Later, in 1850, paraffin wax was developed and combined with stearic acid to make candles of the modern type.

Bayberry candles with their delicate scent are especially popular at Christmas, and they are said to bring good luck to the home. The bayberry candle is uniquely American. Bayberry bushes grew in great abundance in the new world, and after learning to extract the greenish wax from the wild bayberries, the Pilgrims used it to make candles.

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